



MOTHERS NOTEBOOK

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WIC is an equal opportunity provider and employer.

Twelve Month Edition

Happy First Birthday to your baby! And congratulations on reaching a milestone – breast feeding for one year.

This will be the last issue but I know many of you will continue to breastfeed. Feel free to still call me for support or questions.

I hope WIC was here to support you when you needed it and helped you have an enjoyable breast feeding experience. If someone was there for you — please pass it forward.

- ♦ Talk to pregnant women about why you liked breastfeeding, sometimes they only hear negative comments.
- ♦ Offer to visit or be phone support for a new mom. Remember being overwhelmed with your new baby? How much there was to learn? A kind or reassuring word at this time can make all the difference.
- ♦ Mother to mother support is important. Nobody can help a breastfeeding mom better than one that has been there themselves.

Wean Me Gently

by Cathy Cardall

I know I look so big to you,
Maybe I seem too big for the needs I have.
But no matter how big we get,
We still have needs that are important to us.
I know that our relationship is growing and changing,
But I still need you. I need your warmth and closeness,
Especially at the end of the day
When we snuggle up in bed.
Please don't get too busy for us to nurse.
I know you think I can be patient,
Or find something to take the place of a nursing;
A book, a glass of something,

But nothing can take your place when I need you.
Sometimes just cuddling with you,
Having you near me is enough.
I guess I am growing and becoming independent,
But please be there.
This bond we have is so strong and so important to me,
Please don't break it abruptly.
Wean me gently,
Because I am your mother,
And my heart is tender.